

## Q Should all adults be immunized?

Immunizations help protect adults against disease, disability and death. Each year in the United States, as many as 50,000 to 70,000 adults die from vaccine-preventable diseases or their complications.

## Q Where can adults get immunized?

For more information about adult immunizations or a referral to immunization services in your area, contact your health care provider or call your local health department.



Vaccines are among the safest and most cost-effective preventive health care services available.

Adult immunizations help protect you against serious disease and death. If you're not sure which immunizations you've already had or which immunizations you may need, call your health care provider or local health department for more information. Check the Washington State Department of Health website at [www.doh.wa.gov](http://www.doh.wa.gov) to see the recommended adult immunization schedule.

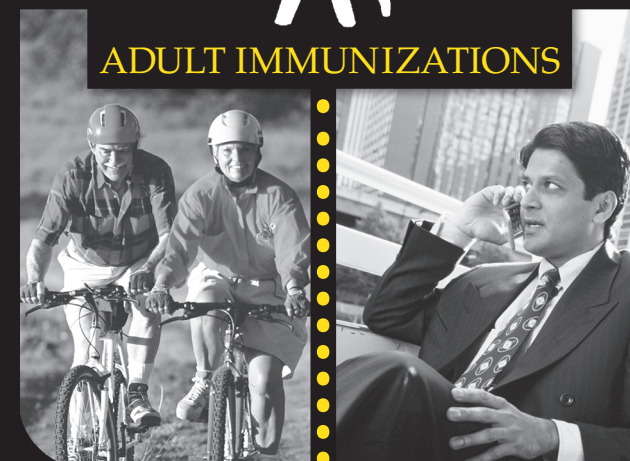


It is important to keep a permanent record of your immunizations. Ask your health care provider for a free lifetime immunization record, or request one from the Washington State Department of Health by calling (360) 236-3595.

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ADULT IMMUNIZATIONS



Your best shot at good health.



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**W**hen was the last time you had a vaccination? It might be hard to remember!

Do you, like many Washington adults, think you're too old for immunizations? Vaccine-preventable diseases have no age limits.

**Influenza and pneumococcal pneumonia together are the 5th leading cause of death in the nation for adults 65 and older.**

Each year in the United States, at least 100 times as many adults as children die from vaccine-preventable diseases. Safe and effective vaccines are available to protect you against diseases like the flu, pneumonia, tetanus and hepatitis B. Take advantage of adult immunizations—your best shot at good health.

## **Q** What vaccinations do adults need?

The following vaccinations may be recommended for you. Talk to your health care provider to see which ones you need.

**Influenza (Flu)** - A flu shot every fall helps reduce the risk of catching this year's strain of influenza.

**Pneumococcal (Pneumonia)** - One dose of vaccine protects most for a lifetime; people with chronic disease should get a second dose after five years.

**Hepatitis B** - Three vaccine doses are needed to prevent this disease.

**Hepatitis A** - Two vaccine doses given at least six months apart are recommended.

**Measles, Mumps and Rubella (MMR)** - One vaccine dose generally provides life-long protection.

**Tetanus and Diphtheria (Td)** - One booster dose is routinely recommended every 10 years.

**Varicella (Chickenpox)** - Adults who haven't had the disease need two doses of this vaccine.

International travelers and people working in some occupations may need protection against other diseases.

## **Q** Do vaccines have side effects?

Vaccines are among the safest medicines available. Some people may experience mild side effects, like soreness or swelling where the shot was given, or a slight fever. Severe vaccine reactions occur rarely. However, the benefits of preventing these diseases far outweigh the risks.

Talk to your health care provider about any allergies that may cause a vaccine reaction.

**During most flu seasons, 10 to 20 percent of the nation's population is infected. The annual cost to society during severe epidemics is at least \$12 billion.**

## **Q** How much do immunizations cost?

The cost may vary depending on insurance coverage. Check with your health care provider or health insurance plan. Both flu and pneumococcal vaccinations are paid for by Medicare Part B.



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**Sincerely,**

**Health Education Resource Exchange Web Team**

# P R I N T I N G   S P E C I F I C A T I O N S

**Title:**    **Adult Immunizations: Your Best Shot at Good Health (brochure)**

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